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In the contract

- ▶ **Operation.** Plasco finances, designs, builds, and operates the facility.
- ▶ **Financing.** Plasco must secure all construction financing and have contracts in place to manufacture equipment by March 31, 2013, or the city can kill the agreement.
- ▶ **Disposal.** The city pays \$9.1 million per year for the disposal of 109,500 tonnes of waste — which it must provide but can acquire from outside the city.
- ▶ **Conditions.** If Plasco can't process the waste, it pays for the disposal of unprocessed waste. The city can cut the amount of waste sent to Plasco, with certain conditions.
- ▶ **Landfill.** Plasco can dispose of slag — which the company expects to sell as a construction aggregate — at the Trail Road Landfill for the same tipping rate the city pays Plasco.
- ▶ **Revenue.** If Plasco's revenue tops \$34.1 million a year, the city gets the next \$822,000 in revenue.
- ▶ **Marketing fee.** The city gets a \$5-per-tonne marketing fee for waste processed in Plasco facilities in Canada and the U.S. (except for the first California plant), capped at \$18 million.

SOURCE: COUN. MARIA MCRAE/STAFF REPORT



For more local news,
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▶ Plasco's demonstration facility.

CONTRIBUTED

1
news



In light of a difficult economy, the Pope reminds the faithful that there's more to Christmas preparations than buying gifts. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Italy's union leaders say they're going ahead with a call for a general strike to protest pension reform. More at metronews.ca/news

City's garbage-disposal vote set for today

- ▶ **Public can expect long meeting, presentations from city and Plasco**
- ▶ **City's Orgaworld compost contract will also be discussed: Committee chair**



JESSICA
SMITH
@METRONEWS.CA

Ottawa is set to vote on a major change in how it disposes of garbage and will debate today a plan to be the first city to partner with a firm promising to turn garbage into energy.

City staff are recommending council sign a 20-year waste-conversion agreement with Plasco, with four optional five-year extensions.

The company uses a "gasification" process that treats waste in an oxygen-deprived chamber and processes the gases into water, recyclable metal, a

byproduct that can be used as a construction aggregate and a synthetic gas used to generate electricity and some emissions.

The Ministry of the Environment has approved the level of emissions at a demonstration plant, but environmental groups are concerned. Emissions have exceeded approved levels more than 20 times over three years at the demonstration plant, according to reports submitted to the provincial government.

Ecology Ottawa wrote an open letter to the city asking if the "emissions incidents" would continue and harm people and the environment.

Plasco will deal with emissions concerns at the meeting, said environment committee chair Maria McRae yesterday.

Statements by the deal's opponents aren't backed up by fact, she said.

"If they bring anything up that's illusory, we're going to hammer them back with fact," she said.

Ecology Ottawa says the city should divert all garbage by conserving, composting and recycling, so it doesn't need Plasco. They want the city to delay voting on the deal until July 2012, when the second phase of the city's waste plan discussions are done.

City manager Kent Kirk-

patrick has been negotiating with Plasco on and off since 2005. The deal he negotiated will see the city pay \$9.1 million a year to dispose of 109,500 tonnes of waste once the plant is operational between 2014 and 2016.

Staff expect costs to be partially offset by reducing waste going to the Trail Road landfill, according to the committee report.

If the city can't provide enough waste, it will have to find it from outside the city, or face financial penalties. If Plasco can't process the waste it will pay for its disposal. If Plasco succeeds, the city gets a portion of the firm's profits.

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Kent eyes new climate deal by 2015

► Mixed reactions to Durban accord

Canada's environment minister has praised the agreement on climate talks reached in South Africa yesterday, and said he was cautiously optimistic a new treaty can be concluded by 2015.

"The Durban Platform is a fair and balanced framework for responsible and effective action," Peter Kent said.

Earlier in the day, the

"We want to avoid another Kyoto-like pact at all costs."

MINISTER OF ENVIRONMENT PETER KENT

194-party conference in Durban agreed to start negotiations on a new accord that would ensure that countries will be legally bound to carry out any pledges they make.

It would take effect by 2020 at the latest.

"Although these negotiations will be difficult, we are cautiously optimistic that we will reach a new agreement by 2015," Kent said. He also reiterated his opposition to the 1997 Kyoto Protocol.

THE CANADIAN PRESS

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS



► Kent

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► In this Sept. 26, 2010 photo, police stand along the route of the West Indian-American Day Parade as parade participants make their way through the Brooklyn borough of New York.

NYPD looks into Facebook flap

20 Department officials said this week that at least 20 offensive comments made on the page may have come from police officers.

The New York City Police Department is investigating whether police officers made offensive comments on a Facebook page devoted to the annual West Indian Day parade in Brooklyn.

The Facebook group purported to be created by police officers was entitled No More West Indian Day Detail and was rife with nasty, often racist comments about the parade that has been marred by violence, including this year when two people

were fatally shot.

Internal affairs detectives are interviewing officers under oath, and getting subpoenas for computer records. Departmental charges could be brought.

But the posts, however embarrassing or outrageous, also raise a First Amendment free-speech issue about whether officers should guard their online comments.

THE ASSOCIATED PRESS

N.L. man dead after being run over by parade float

A joyous day in eastern Newfoundland was marred by tragedy when a man was killed after being run over by a Christmas parade float, RCMP said yesterday.

Sgt. Wayne Newell said the incident happened after the parade had wrapped up in Carbonear. He said the 41-year-old victim was headed home, riding on a flatbed trailer that served as the float.

Newell said the truck that was towing the trailer made a turn, causing the man — who had been sit-

ting on a rail — to fall from the float.

"He fell on the inside of the turn and actually went under the wheels to the best of our knowledge," Newell said in an interview.

"(He) suffered a very tragic death as he was dragged underneath the wheels of the transport trailer."

Newell said the man was dragged a "considerable distance" and died from his injuries at the scene. His name was not immediately released.

THE CANADIAN PRESS

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► The Metro Global Photo Challenge is now over ► The general public and our local judges have chosen the top Canadian finalists, who will now go on to compete against other international entries for a chance to win the global grand prize — a trip to any city where Metro is published

Canucks snap, share for top prize

Environment

Ghost House
by Mauricio Correa

What was your inspiration?
This is an old and abandoned house near Quebec's Lac-Mégantic. This decaying house stands alone in the middle of a verdant landscape.



MAURICIO CORREA

What were you trying to say with this picture?

I meant to capture the co-existence of decay and fertility. In nature, there is a cycle from birth to death. Here the landscape represents the eternal, the house, all that is transient. This old house epitomizes emptiness, solitude, decay. It is a ghostly testimony of better

times, something that cries out for care and attention. The green landscape and the tree in full foliage symbolize the hope of life everlasting.

What do you hope people take away from your picture?
Nothing lasts like an image of transient nature frozen in time by the photographer's lens. There's still time to rebuild this planet.

Environment

Froggy Froggy
by Laura Makaltses

What was your inspiration?
I caught this photograph when I was hiking with my friend. We were walking by a pond when we heard the sound of the frogs croaking. The sound was so tranquil. I wanted to see where it was coming from. My friend and I found the frog and I took this shot. I was truly inspired by the sounds of nature.

What were you trying to say with your picture?

I am capturing the personality of the frog and its environment.

What do you hope people take



LAURA MAKALTSES

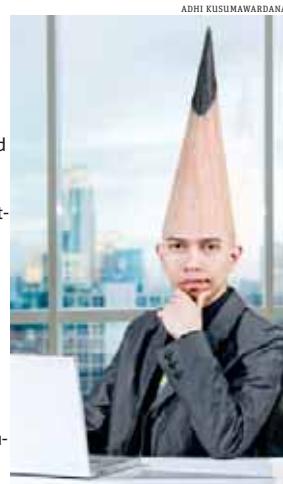
Imagination

Sharp Mind by Adhi Kusumawardana

What was your inspiration?
I was inspired by a good friend who is a successful photographer and also an art director. He is a smart, talented and witty artist — his ideas are brilliant — but, as a person, very humble and down-to-earth.

What were you trying to say with your picture?

I was trying to show how success and prosperity will come to people who are sharp, virtuous and bold.



ADHI KUSUMAWARDANA

What do you hope people take away from your picture?

I hope that people enjoy the

image as much as I enjoyed taking it.

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I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
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I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
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Imagination

Christmas Spirit at Niagara Falls by Ling-fai Leung

What was your inspiration?
Photography is an amazing form of art to let people visualize the internal feeling of a subject from its surroundings. There is beauty around all of us. One needs to be able to visualize this and record it to photos.

What were you trying to say with your picture?

I am always drawn to Niagara Fall's Evening Illumination, when different colours of light shine on the falls. This picture

was taken at the balcony of Fallsview Casino Dec. 18, 2008. It was a quiet evening, snow could still be seen on the streets and rooftop and smoke coming from the chimney stack of the highrise building. I used slowest exposure to capture the water movement. It showed a very warm, romantic feeling of Christmas spirit.

What do you hope people take

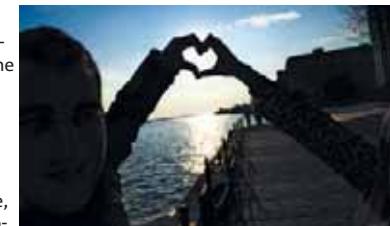


LING-FAI LEUNG

away from your picture?

I hope from this picture we can sense the peace and harmony of Christmas and feel how lucky we are to share this feeling with friends and family.

EMMA HAIDAR



EMMA HAIDAR

to express something latently. The contrast makes the message stronger, in my opinion, and it showcases my husband and me, tells our love story.

What do you hope people take away from your picture?

"I hope they appreciate the

artistic elements, and are inspired to take photos that tell their story without being the only subject of the image.

Moments of my life

Business Shower by Felix Renaud

What was your inspiration?
A friend came up with the idea of taking a picture of him wearing his old jacket. We asked ourselves: How can a businessman be out of context? In a shower, of course!

What were you trying to say with your picture?

It's a funny way to describe a guy's normal morning in 2011. Everything is so fast and mechanical.



FELIX RENAUD

What do you hope people take away from your picture?

Whatever you do, there are only 24 hours in a day.



LARA MAKALTSES

Moments of my life

Splash by Laura Makaltses

What was your inspiration?
It was the very last day of summer. The sun was setting and my friends and I were still enjoying our last moments by the lake. I wanted to capture the moment.

2. What were you trying to say with your picture?

Summer doesn't last forever and we have to live every moment ... to its full potential.

What do you hope people take away from your picture?
"I hope ... people will remember some of their own holiday and summer moments. I want my photo to bring a smile to their faces."



SARAH FORBES

Relationships

Best Friend Four Leaf Hunters by Sarah Forbes

What was your inspiration?

I was inspired by the relationship that my daughter and pet were developing.

What were you trying to say with your picture?

I was trying to capture the unspoken understanding between my daughter and pet. This photo captures the early stages of their relationship and the joy they both shared being outdoors.

What do you hope people will take away from your picture?

I am hoping people see the innocence of a young child and the love and protection our pet brings to our family.

• METRO

Relationships

Silhouette Heart by Emma Haidar

What was your inspiration?
Taken on my birthday, my inspiration was to get a unique photo that shows love and the waterfront — two beautiful things in one, captured artistically.

What were you trying to say with your picture?

A silhouette is a perfect way



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Tories take to Twitter

► Staffers will respond to questions submitted in English and French at Treasury Board's town hall ► Clement to provide answers

NDP MP riled

► While the Opposition commended the idea of the consultations, NDP MP Charlie Angus scoffed at the idea that it represents a commitment to open government.

The Conservatives are finally putting the social into their use of social media.

Treasury Board President Tony Clement will host the government's inaugural Twitter town hall on Thursday, taking questions for 90 minutes on the subject of developing an open government strategy for Canada.

While many MPs, as well as government departments and agencies, use social media tools like Facebook, Twitter and YouTube, they've all faced criticism for only using them as ways to push out information rather than interact in real time with citizens.

That Clement is hosting the first live social media event isn't an accident.

His nickname in government circles is the "Minister for Twitter." He has over 19,000 followers and has used social media to make pronouncements of government policy, among other things. **THE CANADIAN PRESS**



► Treasury Board President Tony Clement reads from an iPad as he responds to a question during a question period in the House of Commons on Oct. 27.

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Gas field discovered in Caspian Sea

Iran's oil minister says the country has discovered a huge gas field containing an estimated 50 trillion cubic feet of gas in the Caspian Sea.

Rostam Qassemi says the field is located at a

depth of 2,300 feet within Iran's maritime borders.

Iran sits atop the world's second-largest proven reserves of natural gas and is the second largest OPEC oil producer. Most of its gas production is used domestically. The country relies on oil exports for about 80 per cent of its public revenues. **THE ASSOCIATED PRESS**

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Suncor pulls out of Syria

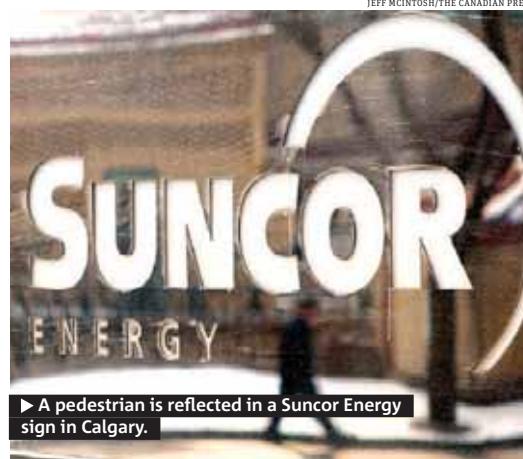
► Unknown when the oil giant will resume operations in the country
► Calgary-based company downplays impact of decision on revenues

Canadian oil giant Suncor Energy Inc. says it is pulling out of Syria in order to comply with new international sanctions aimed at further isolating the regime of President Bashar Assad.

"The current situation in Syria is very concerning, and our thoughts are with the Syrian people as we hope for a return to peace as soon as possible," Suncor CEO Rick George said in a statement.

Pressure has been mounting on Suncor to pull out of the country since the sanctions took effect earlier this month.

The Calgary-based company had previously said it would continue its operations in Syria despite earlier international sanctions targeting the country's oil and gas exports, saying the



► A pedestrian is reflected in a Suncor Energy sign in Calgary.

natural gas it produced jointly with the state-owned General Petroleum Corp., was for domestic consumption only.

But after a careful review of the latest economic

sanctions announced by the European Union on Dec. 2, the company concluded they applied to Suncor, said company spokeswoman Kelli Stevens.

Suncor says it is working through a plan to safely withdraw its foreign staff and determine how it can best support Syrian employees. **THE CANADIAN PRESS**

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OTTAWA WAKES UP AND SMELLS THE PEPPER SPRAY

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA

tawa.

Only after last Tuesday's demonstration at the Congolese embassy entered an ugly phase, with rock-throwing and vandalism by some demonstrators answered by spraying and Tasering by police, did local media take a serious interest.

They covered the protest not out of a preoccupation with Congo's miserable history, where two decades of civil war killed some five million, but with what was happening here and now.

Embassy-rich Ottawa hears more from the international community than most cities, whether or not we choose to listen. The rest of the world lives here, and political demonstrations big and small come with the territory, as do their associated costs.

The bill just rolled in from the month-long Occupy Ottawa protest: \$39,000, spare change compared to the \$900,000 Ottawa police racked up during two weeks of mass demos by Tamil-Canadians in 2009.

(Now that the occupiers have been banished from frosty Confederation Park, it's mostly deserted, as is normal this time of year. The general public, supposedly deprived of the park's charms throughout the demonstration, use it primarily as a walking shortcut to somewhere else.)

On my way to the Congolese embassy protest, I buttonholed some paramedics stationed up the street and asked, half joking and half not, "Am I gonna get hurt down there?"

"Flip a coin," replied one, with pretty bang-on comic timing.

What I found there, though, was a raucous, peaceful and even playful demonstration against the Kabila government, heavy on singing and dancing, light on mayhem. Yes, a line of armoured police stood between protesters and the embassy, but their wooden batons stayed behind their shields with very few exceptions.

The embassy had been spray-painted, one RCMP cruiser had a flat tire, and I spotted a single demonstrator wearing a balaclava over his face. Insurrection it wasn't.

Among the demonstrators theatrically berating the riot cops was a woman accusing them of not being bilingual, of all things, which struck me as just about the most Ottawa-style grievance conceivable.

Many others complained of Canadians' seeming indifference to this highly dubious election and the factional violence that seems likely to follow.

It's regrettable that one isolated burst of violence in Ottawa was what got the crisis noticed here at all.



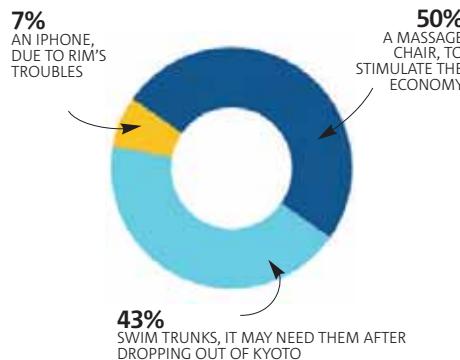
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What present would you give Canada for the holidays?



Local tweets



- **@jec79:** Best. Show. Ever. Will need another season in spring! RT
- **@Naz_Araghian:** you watching? What will we watch on Sunday nights? #boardwalkempire
- **@TrishaNagaras:** #caffeineoverdose
- **@speakincode:** @themidwaystate I would not get that intimate with the floor up there if I were you. Just sayin'.
- **@CarolynneJames:** Law

BRUNO GERBER/SOLENT NEWS

Daily Zoom



The moon, where shall I leave it?

Crane 'carries' moon in illusion

SWITZERLAND. They're good at banking, making cuckoo clocks and chocolates, and it looks like the Swiss are also handy at getting a hook onto the moon. In truth, this is just an optical illusion, an amazing example of forced-perspective photography. Bruno Gerber took this shot from his friend's roof terrace in Bern. • METRO WORLD NEWS



"I waited seven minutes for the moon to rise and get 'hooked' onto the crane."

BRUNO GERBER,
AMATEUR PHOTOGRAPHER

'Keep eyes open' for visual gag

EXPERT TIPS. The 37-year-old corporate lawyer from near Zurich offers advice on a mind-boggling image: "Keep your eyes open, think ahead (e.g., where the moon or sun will go, how a shadow moves) and don't sit idle. But I'm not a fan of overly set up, silly illusion shots with people." • METRO WORLD NEWS

firms are better with cats. <http://t.co/kHQgqGVz>

- **@ReelRoula:** I found Queen Anne dark chocolate covered cherries. <http://t.co/hy5Scnyq>
- **@KevinSwagCao:** Final Exam tomorrow and all I did was write notes so far... Gotta review it all tonight!
- **@Patdc:** la tourtière de ma mère (pâte à viande pour les puristes) Wow..est bonne!
- **@Princesse_jay:** I guess it's pretty unlikely that I'm gonna get to watch A Michael Bublé Christmas while football is on....sigh #men

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Box office



The holiday spirit is eluding Hollywood. Overall domestic revenues are expected to come in below the dismal \$81 million haul a week ago, which had been the low weekend so far this year. This looks like Hollywood's worst total in more than three years, going back to the weekend after Labour Day in 2008, when overall grosses finished below \$70 million.

The star-filled romance New Year's Eve led this weekend with a weak \$13.7 million debut. Jonah Hill's comedy The Sitter opened at No. 2 with just \$10 million.

THE ASSOCIATED PRESS



Patton Oswalt: Filming love scene with Charlize Theron for Young Adult was a 'nightmare'

Hockey heaven

► Never made it out to the Hockey Hall of Fame?
► Skate through the history of hockey with this new book



◀ **Fuhr-ious:** Grant Fuhr wore this late model form-fitting mask while playing with the Edmonton Oilers in the early 1980's before switching to a modern mask and cage setup.



▲ **The Golden Goal:** Sidney Crosby of Cole Harbour, N.S., scored 7:40 into overtime of the men's gold-medal final at the 2010 Vancouver Olympics with this puck. Canada defeated the U.S. 3-2, claiming Olympic gold for the second time since 2002. The game was the most-viewed hockey game in history, and Crosby's marker gave Team Canada the most gold medals by any nation in one Winter Olympic Games.



▲ **From Russia With Love:** Calgary Flames jersey worn by Sergei Priakin, the first Soviet to be given permission to play in the NHL, during the 1988-89 season.



◀ **Lord Stanley's Cup:** The original Stanley Cup bowl, professionally engraved with the names of championship teams and amateurishly scrawled with the scratchings of championship-team members, including Fred W. Taylor

◀ **Canada's First Gold:** Winnipeg Falcons Team Canada sweater worn by Konrad Johannesson at the 1920 Summer Olympics in Antwerp, Belgium, which was the first Olympics to feature hockey. Canada won gold.



◀ **Gordie the Great:** Gordie Howe wore this jersey toward the end of his career with the Detroit Red Wings, where he played from 1946-47 to 1970-71. Over that time in Detroit Howe amassed 786 goals and 1,023 assists for a remarkable 1,809 points.

Hockey Hall of Fame Treasures

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► Photographer: Matthew Manor

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Aniston the Sexiest Woman of All Time?

Men's Health has dubbed Jennifer Aniston the Sexiest Woman of All Time, but while she's flattered by their decision, Aniston insists the title would've gone to someone else if she had any say in it.

"It's a tie be-

tween Brigitte Bardot and Gloria Steinem," she tells the magazine.

"But if I had to choose one, I'd say Gloria because, well, she's the full package. That's sexy."

Raquel Welch, Marilyn Monroe, Britney Spears and Madonna round out the top five on the magazine's list, while Angelina Jolie comes in at No. 10.

• METRO



Jennifer Aniston

Celebrity tweets



A little
#hockey
with the fellas



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DOROTHY ROBINSON
SCENE@METRONEWS.CA

While Demi Lovato whizzed by the press line at Z100's Jingle Ball Friday night — an annual New York City concert featuring a number of Top 40 acts — we were happy to chat with RedFoo of

"That shuffle move we do, when he does it, I always tell him you gotta bend [at the knee]. And then with the wiggle, you can't wiggle too hard, even if there's sexy ladies in the audience screaming at you — you gotta keep it confined."

REDFOO ON SKYBLU'S BACK INJURY

The perils of party-rocking

- SkyBlu of LMFAO takes some time off to deal with herniated discs
- RedFoo says injury caused by 'the shuffle, the wiggle and the ladies'

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

LMFAO, whose partner SkyBlu was noticeably absent for the big show.

"SkyBlu hurt his back," Foo told Metro before the concert started.

"He has some herniated discs. He's been performing for a while injured, because he's a true champ, but the doctor said [he's] gotta take a break. That shuffle move we do, when he does it, I always tell him you gotta bend [at the knee]. And then with the wiggle, you can't wiggle too hard, even if there's sexy ladies in the audience screaming at you — you gotta keep it confined. So we don't know exactly what has happened, but we think it's combined [with] the shuffle, the wiggle and the ladies."

But SkyBlu's injury isn't holding the group back for the new year. On their to-do list for 2012? "Films," Foo says. "Taking the whole LMFAO party rock lifestyle and putting it on the big screen."



► RedFoo of LMFAO attends Z100's Jingle Ball on Friday.

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FOR BABY NIGHT OWLS: Lullaby rock hits



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rockabyebabymusic.com

Do saccharine nursery rhymes make you cringe? This inspired series of CDs transforms your favourite tunes into soothing lullabies, with tinkling covers of classic tracks by bands including AC/DC, Led Zeppelin, U2, Madonna, Van Halen and Bob Marley. What could be more amusing than a xylophone version of Beastie Boys' No Sleep Til Brooklyn or Metallica's Enter Sandman. Or more ironic than an anxious new parent hearing The Police's Every Breath You Take?

FOR TINY TEETHERS: 'Where's the Bone?' cloth book



\$15.50
manhattantoy.com

This book about a funny dog searching for its bone in lots of exciting places ticks all the boxes for tiny tots: lots of textures to feel, flaps to flip, bits to pull. They will love to pop the bone in the clouds, up a mountain or in the dog's mouth, and they'll love chewing on the book even more.

FOR CRAFTY KIDS: 'Merry Stickmas' sticker greetings cards



\$8
etsy.com/shop/KidsCardKits

Sticker-mad kids will love creating their own greetings cards with these packs. These ingenious kits include blank cards and sets of stickers so your kid can create his or her own scenes including Santa Claus, snowmen, reindeer and cute kids throwing snowballs.

FOR JUNIOR MUGGLES: Remote Control Wand



\$70
firebox.com

Budding Harry Potters will love casting a spell on the television with this brilliant gizmo. Program the wand to respond to 13 different moves and you can spin, whirl and flick it to change the TV's volume, channels, mute, flip through menus and even turn it on and off. It even goes to sleep and 'wakes' when you pick it up just like a real magic wand.

1

5 Great kids' gifts

TEXT EMMA E. FORREST, METRO WORLD NEWS

FOR AMATEUR ASTROLOGERS: Remote Control Moon



\$39
firebox.com

Illuminating in more ways than one, this wall light replicates the phases of the moon on an authentic moonscape (very educational), as well as serving as a reassuring nightlight. Using a remote control it can also be used as a light. It comes with an educational booklet about the moon's cycles.

3
life

Dough truths



Generations of neophyte bakers have shrugged off parental warnings about how eating chunks of raw cookie dough could make them sick to their stomachs.

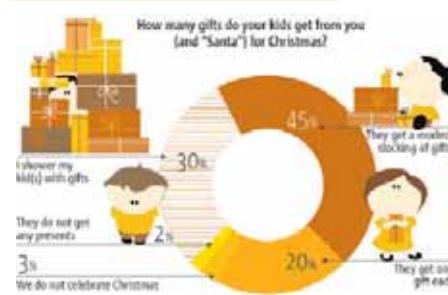
Now, researchers who investigated a 2009 outbreak of food-borne illness in the United States are providing extra proof for mom and dad.

For years, concerns about raw dough have centred on the idea that raw eggs could contain bacteria such as salmonella. In this case, though, investigators were looking into a different bacteria — Shiga toxin-producing Escherichia coli, or STEC.

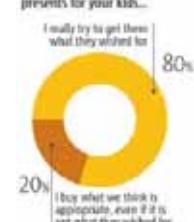
The outbreak didn't affect Canada, but 35 Americans were admitted to hospital. Studies showed 33 of 35 patients consumed raw cookie dough.

THE CANADIAN PRESS

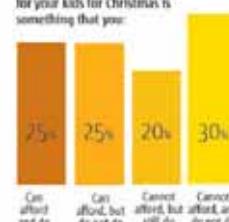
What will Metro kids get?



When buying Christmas presents for your kids...



Buying many or expensive presents for your kids for Christmas is something that you...



It's not all 'ho, ho, ho': Santa promising less in bad economy

Rose Reisman's Swap It

With the festive season in full swing, visiting family and friends for dinner parties is common, as are hor d'oeuvres. But these treats could be full of fat or calories.

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Vegetarian cubes of yum

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► Cut cubes into bite-sized pieces or larger ones, depending on how you're serving them.

THE CANADIAN PRESS/HO

Ingredients:

- 250 ml (1 cup) each diced peeled Yukon Gold potato and sweet potato
- 25 ml (2 tbsp) olive oil
- 125 ml (1/2 cup) diced sweet red pepper
- 175 ml (3/4 cup) diced onion
- salt and pepper
- 4 eggs
- 50 ml (1/4 cup) 18 per cent cream

into greased 2.5 L (9-inch) square baking dish. Bake in 180 C (350 F) oven for 25 minutes or until set. Let cool. Cut into cubes. **THE CANADIAN PRESS/FOODLAND ONTARIO/ADAPTED BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)**

Preparation:

- 1 On greased baking sheet, toss Yukon Gold and sweet potato with 10 ml (2 tsp) of oil. Bake in 180 C (350 F) oven 15 mins or until tender. Let cool.
- 2 In skillet, heat 10 ml (2 tsp) of oil over high heat; sauté red pepper 4 mins. Remove from pan. In same skillet, heat 10 ml (2 tsp) of remaining oil over medium-high heat; cook onion until tender and golden, 2 mins. Let cool. Combine all cooked vegetables; season with salt and pepper to taste.
- 3 In bowl with electric mixer, beat eggs with cream. Add cooked vegetables and mix. Pour

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Monitoring future deforestation

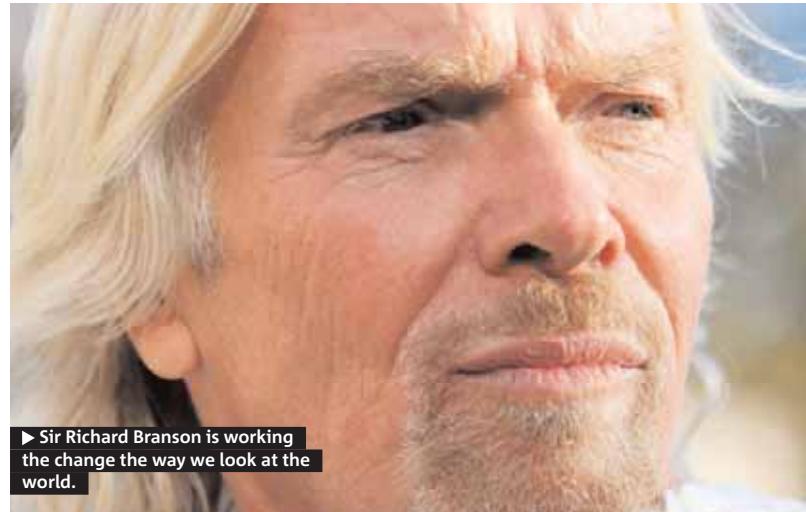
► Richard Branson promises to use his satellites to keep an eye on forests ► Speaks to Metro about nuclear war



Sir Richard Branson has a message: we can save our Earth from nuclear Armageddon and environmental meltdown alike.

With Cutnukes.org, Branson pushes for fewer atomic bombs. His airliners use waste as fuel, and he has created a sanctuary for Malagasy lemurs displaced by deforestation. Now he plans to monitor global deforestation with satellites, he tells Metro.

You're about to open a reserve for ringtailed lemurs that have been displaced by deforestation in Madagascar. Are you planning to help other species that have been displaced by deforestation?



► Sir Richard Branson is working the change the way we look at the world.

The lemur is such a beautiful species. We simply have to save the lemurs, and I'm trying to help other

species as well.

For the past several months I've travelled around the world to save

sharks, and soon I'll be travelling to India to try to save the blue tiger.

When it comes to defor-

estation, of course humans who have been displaced are very important, but animal species are equally important. More important, actually.

Deforestation is often caused by local subsistence farmers. What's the solution?

One thing we can do about illegal logging is discover it before it's too late. That's why I've just launched a new initiative based at my spaceport. We'll run have satellites that will monitor forests to see where forests are being cut down.

You're in favor of eliminating nuclear weapons. Why should good countries get rid of their nuclear weapons when bad countries still have them?

They shouldn't completely eliminate them.

What we're suggesting is that nuclear weapons states get rid of their nuclear weapons in steps. From a deterrent point of view, a country only needs 300 nuclear weapons. Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.

Is your interest in nuclear weapons an extension of your green involvement?

Yes. I've been visited Hiroshima and Nagasaki to see the effects of nuclear weapons.

And it's an extension of my interest in solving global conflicts.

That's why I fund The Elders, an organization founded by Nelson Mandela that works to solve global conflicts.

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► For more than a decade, a Nova Scotia gallery has offered a safe haven for troubled youth to create and thrive

It's warm inside the art studio.

Outside, the sky is dark and the frost hanging in the air turns breath into puffs of smoke. The slush and snow that blanket Halifax's sidewalks make an unwelcome bed for those with nowhere else to go.

But in this cosy space at the city's downtown art gallery, there's the promise of a hot meal, conversation and creativity as

More than this

Organizers agree that their program isn't just about art.

- One baby-faced boy doesn't hesitate when asked what brings him here on this night: the promise of pizza and free bus tickets.
- Maybe so, but the teen doesn't glance up once from his box and the pieces of glass he's gluing down in the shape of a peace symbol.
- At the end of the day, resident artist Heather Wilkinson says it doesn't really matter what brings youth to the gallery.
- "Sometimes they just need to be in a place, in the company of other people," she says.
- "This is an institution that, in their eyes, is probably not normally that inviting. But on this night, it's their night. This is their space."



► Artist Loryn Oliver relaxes in a studio at the Art Gallery of Nova Scotia.

young people trudge inside for a weekly, drop-in art class for homeless and at-risk youth.

"When they come in the door, it's not about what they look like, or what they're coming in with; it's about them being here right now and about us making art together," says Miro Davis, one of two artists who will be working with the youth over the next three hours.

"There's no judgment

there."

The free class, which runs from about October to June, is a joint project by the Art Gallery of Nova Scotia and Phoenix Youth Programs — a local, non-profit organization that helps young people between the ages of 12 and 24 break the cycle of homelessness.

For the past 11 years, young people have come to the gallery for the chance to draw, paint, glue and sculpt. The

mood is informal. Conversation and laughter flow easily here, but silence is respected, too.

Loryn Oliver, 20, has been attending the class for three years. When she was 16 years old, Oliver left her home and eventually moved into a Phoenix youth shelter.

It wasn't long before she discovered the class at the gallery and a passion for sculpting. She says allowing her subconscious to flow through her crea-

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing. The visual arts is a way for people to really be who they are."

DALE SHEPPARD, CURATOR OF EDUCATION AND PUBLIC PROGRAMS AT THE ART GALLERY OF NOVA SCOTIA

ative work is a kind of "self-therapy."

"What I appreciate about art is that it's a very simple thing, it's very human. It's an expression of ourselves and so giving youth that opportunity is important."

The program's other resident artist, Heather Wilkinson, says she's witnessed a tremendous change in Oliver, who now lives in her own apartment with financial assistance from Phoenix and volunteers as an advocate for homeless youth.

"I've seen her grow and blossom and open up and gain a ton of confidence, just (by) coming and sharing," she says.

In art, there is a "value in seeing things a little bit differently and uniquely," says Dale Sheppard, the gallery's curator of education and public programs.

That can mean the

world for a young person who has been consistently told they don't fit in.

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing," says Sheppard. "The visual arts is a way for people to really be who they are."

No one is sure how many Phoenix youth will show up at the gallery tonight, given the deep chill outside. On any given Thursday, there could be anywhere from four to more than a dozen young people.

On this night, the brightly lit room — its walls adorned with colourful paintings — smells of pizza and warming glue guns. Davis has brought in small wooden boxes and bits of broken glass, beads and other trinkets for individual mosaic projects.

There's the fizz-and-pop of juice cans being opened and a steady stream of rock coming from a stereo when Jordan Eagleton, 21, comes in from the cold. He sinks into a chair at a large, U-shaped table covered in brown craft paper and art supplies.

It's the second time Eagleton has come to the class. He heard about the program while living at the Phoenix shelter.

"It's good," he says. "It keeps people off the street and making bad decisions." THE CANADIAN PRESS

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Do let it go to your head

► Research indicates that feelings of social power can bring about a positive change in one's thought process

A new study suggests that feeling powerful really does go to people's heads — and that's a good thing.

The study was co-authored by Li-Jun Ji, a professor at Queen's University and a social psychologist who specializes in relationships between culture and thinking.

Power — defined as the ability to influence others — makes people think differently, says Ji.

In North America, a feeling of power leads to thinking in a focused and analytical way, and Ji says that that's a good way to think when pursuing personal goals in this society.

Thinking analytically allows you to focus on a goal and how to achieve it without being distracted by the surroundings or



► Focus on the fight: Feelings of power helps you think quickly and logically when a goal needs to be reached.

Rich in thought

Tracking the North American noggin

► Ji and Miyamoto's study also found that North Americans with high socioeconomic status tended to display more analytical thinking than those of lower status.

context, she says.

"What's most interesting about this study is the idea that thinking is flexible, not rigid or innately pre-programmed," says Ji.

"We are able to attune our style of thinking to the needs of the situation.

"However, the specific ways we might attune our thinking seems to depend on our cultural background."

The lead author on the study, Yuri Miyamoto at the University of Wisconsin-Madison, has also looked at Japanese participants and found that in general, East Asians are more holistic in their reasoning than European-

North Americans.

Holistic thinking, in contrast to analytical thinking, is more relationship and context-focused, Ji explains.

To induce feelings of power for the study, participants were asked to remember times when they had influenced others.

Memories people recalled included making a shy roommate more outgoing, influencing people to buy products and leading a struggling soccer team to victory.

Participants were then asked to perform tasks — such as writing a description of a friend — to assess how analytically they

were thinking.

The more analytical thinkers tended to use adjectives more frequently,

whereas more holistic thinkers were likely to use more verbs.

The research was pub-

lished in the *Personality and Social Psychology Bulletin*.

THE CANADIAN PRESS

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Couch to class act

► An entrepreneur, author and athlete carries a message of motivation

TURNING POINT

TERESA KRUZE
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Susan Sly is a 'Have it All Woman' and she's even written a best-selling book about the subject.

No one would guess that 11 years ago her life completely collapsed when she was diagnosed with Multiple Sclerosis.

She lost everything; her health, marriage and business. She was \$100,000 in debt with a three-year-old child and sleeping on a family member's couch.

"I wanted to die but it

was at that point where I had to make a decision. Do I want to fight or surrender?"

Susan began to heal her body and got into multi-level marketing. Today, the mother of four children is a millionaire, has written five books, is married to her

Susan's stats

- First business at age 11
- Has generated over \$60 million in multi-level marketing sales
- Six-time Team Canada athlete in Track and Field and Duathlon
- Competed in two world championships
- Sponsor of 20 children with World Vision



► Susan Sly is the author of *The Have it All Woman* along with four other books.

high school sweetheart and is still competing in triathlons and marathons.

"I was supposed to be in a wheelchair but I'm still running. I get very emotional because I'm just so grate-

ful and appreciative."

Susan's next goal is to empower one million women around the world. "I know what it's like to live in desperation and not know what tomorrow's going to bring. I really believe that we can transcend anything if we're open. I really do."

Have it all too!

Susan Sly's advice:

- Take time every day for gratitude.
- Keep an open mind because some of the best ideas may come through the most unlikely sources.
- Take time every day to read or listen to something empowering
- Visit stepintoyourpower.com.



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ALL I WANT FOR CHRISTMAS...

GIFT CARDS GROWING IN POPULARITY

Gift cards — a phenomenon that seemed new in 2000 — have practically taken over holiday gift giving. The vast majority of retail companies now offer them, said Brent Houlden, national retail leader for Deloitte Canada. "From the customer's point of view it's all personalization, and simplicity, and convenience," he explained.

Simply put, gift cards are the answer to an age-old problem — the unwanted gift, said Houlden.

The beauty of a gift card is that it lets the gift recipient choose exactly what they want, said Tiffany Bourré, external communications manager for Hudson's Bay Company.

"It virtually eliminates the guess work from gift purchasing," said Bourré. It also eliminates the possibility of returns (and in some cases offending the gift giver by doing so.)

That said, the gift card still needs to suit the recipient, she advised. "There is no question that gift cards have become a more accepted alternative for gift giving in general, but fair to say that often they

slant to a younger demographic."

Whatever your age, on many occasions gift cards make sure that gift givers and recipients avoid embarrassment or hard feelings, said Houlden. "If you bought me the red hat and I didn't want the red hat, then you're upset because I didn't like your taste," he explained. "That's why gift cards have taken off so much."

The only problem is that they can seem a little impersonal, said Houlden.

"If I'm giving you a wedding gift and I just give you cash, there's no emotional connection there," Houlden said. People want to be remembered for the gifts they give, he explained.

Now companies are looking for ways that gift givers can easily personalize their gift cards — digitally. In the next few years we'll see technologies tailored to allowing gift givers to send a personalized photo or video along with their gift cards, said Houlden.

Buyers can also get gift cards online without having to set foot in a store. Many brands have them available to purchase online, so they're easy to send to faraway friends and family.

The future is mobile and the days of the plastic gift card are numbered, said Houlden. "One person will send a gift card to another electronically and it'll just load into the gift recipient's cell phone," he predicted.

"I think it's the next generation that people should be watching for."

GIFT CARD TIPS

GET A CARD FOR LESS

Make sure you negotiate a discount if you buy in bulk.

BUY DISCOUNTED ITEMS

Boxing Day!

TAKE ADVANTAGE OF RELOADING DISCOUNTS

Starbucks, for example, gives customers the option of automatically reloading, and rewards them for it with free drinks.

PERSONALIZE

Include a homemade card or recorded message (e.g. Christmas carol) to send your best wishes.



HOW TO GET MORE OUT OF GIFT CARDS THIS HOLIDAY SEASON

STRETCHING YOUR BUDGET

For the fifth year in a row, gift cards top the list of most popular presents to receive. But before you stock up on these holiday favourites, make sure you're getting the most for your money. Frances Ho, founder of CardSwap, Canada's leading site for buying and selling gift cards, offers these expert tips for stretching your budget a little further:

✿ Turn points from loyalty programs such as Air Miles or Aeroplan into gift cards.

✿ Browse sites such as CardSwap.ca (for Canada) or Plastic Jungle (U.S. only) to find gift cards for 10 to 15 per cent below face value.

✿ Avoid overspending: Use a prepaid Visa card to purchase all your gifts. Once the card is depleted, you are done!

✿ When you receive gift cards, save them for Boxing Day or early January. That's when stores offer their best deals, so your card has more buying power.

✿ Don't waste your gift cards by letting them sit in a drawer. If you haven't redeemed them by February, consider converting them to cash through a site like CardSwap.ca.

Ho also suggests rounding up old gift cards and selling them online to make some quick holiday cash. She says the average family has several unused cards lying around the house — and they could see as much as 92 per cent of that face value. That could offer a welcome boost to this year's gift-giving budget. Happy Shopping!

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**WHAT IS IT?**

A new line of delectable foods from Walmart. They're easy to prepare and affordable — appetizers starting at \$5 a box.

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Recipes are made with high quality ingredients and were carefully chosen by a team of food experts.

THE FOOD

Find almost 100 dishes from wonton-wrapped shrimp to grain-fed young turkeys, basted with real butter to cocoa-dusted Belgian truffles.

HOLIDAY ENTERTAINING MADE EASY WITH OUR FINEST

HIGH QUALITY FOODS EXCLUSIVE TO WALMART



Canadians don't want to sacrifice quality when they celebrate with family and friends this holiday season, said Sandra Farwell, director of private brands — foods for Walmart Canada.

That's why the company is introducing Our Finest, a new line of delectable high-quality foods exclusive to Walmart, said Farwell.

"Many Canadians are staying in this holiday, and that equals a lot of home cooking and entertaining," said Farwell.

Our Finest costs less than the national leading brands — appetizers start as low as \$5 a box. "Entertaining should be easy and affordable," insisted Farwell.

FROM THE OUR FINEST MENU:

APPETIZERS

Farwell suggests starting the party with melt-in-your-mouth pastry appetizers, like the Our Finest salmon and dill in puff pastry or cheese and applewood smoked bacon mini tarts.

Authentic international favourites like mini vegetable samosas with tamarind sauce (\$5), Greek spanakopita (\$5), or an assortment of Angus beef, Italian, and Swedish meatballs (\$8) are also a popular pre-dinner indulgence.

**DRINKS**

Find the perfect drink for the occasion from the wide selection of non-alcoholic sparkling beverages including mojito, sangria, and margarita (\$2.77 for a pack of four).

MAIN COURSE

A tantalizing centrepiece to any holiday table, the Our Finest spiral ham is cured and naturally smoked with hickory chips. It comes pre-cooked and pre-sliced, with an easy-to-prepare glaze, so it's great for those who want to spend less time cooking and more time relaxing with friends and family.

DESSERT

The Our Finest chocolate and toffee collection (\$8.97), the all-natural English wine gums (\$4.98) and liquorice allsorts (\$4.98) make a beautiful statement on a tiered serving dish, and provide enough variety to tickle the taste buds of all your guests.

Try finishing off the feast with the Our Finest candy cane ice cream (\$4.97), made with real dairy cream, mint chocolate bark, and candy cane pieces.

"We're confident Canadians will be proud to serve these items as part of their festivities," Farwell said.



HOW TO HOST A GREAT PARTY

KEEP IT SIMPLE

Sometimes the simplest dishes are the most delicious, and fine pre-prepared foods are perfect for taking the pressure off if you don't have much time to spare.

KNOW YOUR GUESTS

Understand your guests' likes and dislikes, and make sure to provide vegetarian options.

PRE-PREP

Get ready well before the party starts — the slicing and dicing, the food presentation, the decorating.

CREATE A MOOD WITH FESTIVE NAPKINS, PLATES, CUTLERY & GLASSES

Accent your home with festive candleholders, serving dishes, and other decorative touches to create a warm holiday atmosphere.

COMPILE THE PERFECT SOUNDTRACK

Consider the musical tastes of your guests, throw in some old favourites, and mix it up a little. Variety is key.

RELAX AND ENJOY THE PARTY

Make the time to chat with your guests. That's what really makes a great party — the good company and scintillating conversation.

Not sure what to get them this Christmas?
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A CANADIAN RETAIL ICON IS READY FOR THE HOLIDAYS

SEARS' GIFT CARDS OFFER CHOICE, FLEXIBILITY

In 1953, General Robert E. Wood, the legendary Chairman of Sears Roebuck, and Co., Chicago, sent a letter to Edgar G. Burton, President of the Robert Simpson Company of Toronto, to propose a partnership between their two companies in order to serve the Canadian market.

Today — almost 60 years later — Sears Canada is a multi-channel retailer with a network that includes 196 corporate stores, 285 hometown dealer stores, 31 home services showrooms, more than 1,700 catalogue merchandise pick-up locations, 108 Sears Travel offices and a nationwide home maintenance, repair, and installation network.

Sears also publishes Canada's most extensive general merchandise catalogue and offers shopping online at sears.ca.

YES, WISHES DO COME TRUE — AT SEARS

Something that hasn't changed in six decades is Sears Canada's ability to make wishes come true, especially at Christmas time. Who's not familiar with the Sears Holiday Wish Book and the sight of a Sears store festively turned out for the Christmas season?

What has changed in 60 years is the Sears ability to stay current and relevant for Canadian consumers, including a strong online presence that's open 24/7 at sears.ca. If there's no time to visit the Sears store, busy moms and dads strapped for time can find almost



anything online. And, for those hard-to-buy-for individuals, Sears offers gift cards that offer choice and flexibility when it comes to gift giving. Sears gift cards can be purchased and redeemed across different channels, including stores, online as well as through the catalogue.

CHOICE, CHOICE AND MORE CHOICE

"Cards can be redeemed towards almost anything Sears has to offer," says Carla Seaquist, Product Manager, Gift Cards. "That includes purchases made in our stores, for your next travel destination, for a new roof or windows, or for your next family photo shoot." The choices don't end there.

Along with its proprietary gift cards, Sears also sells third-party gift cards. "We now offer everything from iTunes and Petro-Canada cards to Chapters Indigo and long-distance calling cards. You could say that we are a destination for gift cards. We've also partnered with Life Experiences.ca — the Canadian leader in experience gifts. There's no need to go anywhere else for your gift," says Seaquist.

THE PERFECT GIFT IS IN THE CARDS

WITH THE BUFFET OF GIFT CARDS OUT THERE, WHY CHOOSE SEARS?

GET PERSONAL

Sears offers a website (searsgiftcards.ca) where you can upload your favourite family photo and have it printed on a gift card. It's a great way to send someone a personalized gift right to his or her door. And why not select a special tin online to dress up your gift? If you don't have that perfect holiday family picture yet, there's also a link along with a special offer to Sears Portrait Studio where you can have

your pictures saved on a CD. This way you can upload your pictures and use them on the personalized website to create a unique card.

NO FEES, NO EXPIRATION DATE

With Sears gift cards, you don't pay any additional fees nor do you have to worry about expiration dates (because there aren't any!). Gift cards are accepted at all Sears Department, Hometown, Outlet and Home Furnishing stores as well as through all of their service agents such as Sears Travel, Home Services and select licensed departments.

FLEXIBILITY

Gift cards are available in denominations ranging from \$10 up to \$500. There are many designs from which to choose —

from the simple and elegant to the fun and festive. You can select one of the existing designs or create your own through the personalized gift card service. If you're a business looking for gift cards: Sears has a team that will deliver your holiday needs, just call 1-866-297-5306 or visit searsincentives.ca.

GIFT CARD PAIRINGS

If you love the idea of giving a card, but want to add an extra something special, you'll find some fun and interesting gift-card pairings available through Sears, for example, for \$3.99 you can purchase Bosely™ the Beaver and Help support youth in your community, 50¢ from every sale will go to programs that promote the healthy development of youth.

THE IDEAL BUSINESS OR WORK GIFT

Sears Incentives Gift Cards are the perfect solution to reward employees, show appreciation to clients or customers, mark special occasions and so much more. Cards are available in any denomination from \$5 to \$500. Volume rebates are available for bulk purchases. For more information, please call 1-866-297-5306 or visit searsincentives.ca.



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One of the easiest ways to exchange gifts this season is with Indigo's electronic gift cards. Conveniently purchased from Indigo's website, the electronic gift card is emailed directly to your recipient on a selected date. Choose from eight colourful holiday themes, in amounts from \$2-\$500. The traditional gift card, in amounts of \$25, \$50 and \$100, is delivered right to your recipient's doorstep. All gift cards may be redeemed at Indigo, Chapters, Coles, kobo.com and indigo.ca.

FREE SHIPPING ACROSS CANADA FOR PURCHASES OVER \$25

In time for the busy holiday shopping season, Indigo's website features an easy and convenient online shopping destination for Canadians, where purchases over \$25 ship free to anywhere in the country. Find out what products your friends "like" and "share" with Indigo's Facebook activity feed. Visit indigo.ca, become a fan at facebook.com/chaptersindigo, or follow Indigo on Twitter at twitter.com/chaptersindigo. "We're transforming our retail and online experience from a traditional bookstore to that of a unique retail experience that enriches customers' lives," says Janet Eger, vice-president of public relations.

What are this season's hottest gift items to redeem your gift cards? Indigo's annual best books list provides an easy gift inspiration for holiday shoppers. And teen books remain the biggest selling category behind adult fiction at Indigo and Chapters stores nationally.

But Indigo isn't just about books. "Indigo is Canada's largest purveyor of ideas and inspiration, at the heart of which is books and eReading but also includes a vast array of specialty toys, gifts and beautifully designed and affordable home décor that offer intrinsic quality, beauty and timelessness of design," says Janet Eger, Vice-president of public relations.

Another popular choice when

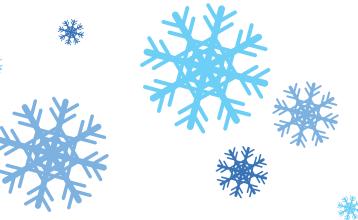


Did you know that when you purchase a gift card holder, you're contributing to the Indigo Love of Reading Foundation? Choose from numerous styles and price points of gift card holders, from \$1 sleeves to \$4.99 plush bears and faux leather books in between at \$1.99, with a portion of proceeds benefiting the Love of Reading Foundation.

The mission of the Indigo Love of Reading Foundation is to give every child a strong literacy foundation, providing \$1.5 million in grants each year to high-needs elementary schools across Canada. And each fall, Indigo partners with the Foundation to host Indigo Adopt-A-School, where stores select a partner school to help replenish their libraries.

For every \$25 gift card purchased, Indigo made a \$12 donation to the adopted school.

Indigo gift cards are also one of the most appreciated gifts for teachers. Many people may not realize that, according to a Canadian Teacher's Federation study, teachers



redeeming gift cards this season is the Kobo family of eReaders, including the Kobo Vox Colour eReader, Kobo Touch WiFi, and the Kobo WiFi, as well as a range of stylish accessories. The new Kobo Vox is a 7-inch colour tablet pre-loaded with all the essentials including email, Web and media players and more than 15,000 Android Apps available.

Lots of great gifts for kids, tweens and teens can be purchased with the gift card. This holiday season, Canadians will be seeking unique and affordable gifts that touch the heart, mind and soul of every child on their list. Situated within Indigo and Chapters stores, IndigoKids shops boast 3,000 square feet of books and toys for children under 12 years old.

MUST-READ BOOKS

Indigo's book buying team reads hundreds of titles every year to create a compilation of must-read books. Here's Indigo's best of 2011 list:



HALF-BLOOD BLUES
Esi Edugyan — winner 2011
Scotiabank Giller Prize



THE CAT'S TABLE
Michael Ondaatje —
Ondaatje's most personal



THE SISTERS BROTHERS
Patrick DeWitt — winner
2011 Governor General's
Literary Award for Fiction



THE NIGHT CIRCUS
Erin Morgenstern —
a totally original,
enchanting debut



THE SENSE OF AN ENDING
Julian Barnes — winner 2011
Man Booker Prize



THE ART OF FIELDING
Chad Harbach —
a perfect book for Dad



1Q84
Haruki Murakami — long
awaited masterpiece; taut,
mind-bending story



THE HOUSE OF SILK
Anthony Horowitz — the
first Sherlock Holmes story
authorized by Sir Arthur
Conan Doyle's estate



SWAMPLANDIA!
Karen Russell — a quirky,
spooky book from a young
writer to watch



11/22/63
Stephen King —
speculative fiction reviving
vintage Stephen King



REAMDE
Neal Stephenson — an
action-packed thriller
driven by ideas and
questions

TWEET YOUR SHOPPING LIST

Could you use some social networking help with your Christmas shopping list? Indigo has just launched #IndigoGiftSOS. Users can tweet their gifting dilemma and append the hashtag #IndigoGiftSOS to receive tailored recommendations from the little elves at Indigo. Followers can use #IndigoGiftSOS all the way through Dec. 24.



MORE *choice*. LESS WRAPPING.

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A VISIT TO TRUE BIJOUX IS LIKE WALKING THROUGH THE ULTIMATE JEWELRY BOX!

Whether you're looking for the perfect gift for a special milestone or searching for a pick-me-up piece for someone who's feeling a little blue, you'll find it at True Bijoux. A jewelry boutique that delights in the pure fantasy of fashion jewels as well as the serious romantic side of diamonds, True Bijoux's eclectic mix always has unique collections of fine, fashion and

vintage as well as independent designers and international brands. Among these collections are the exclusive line of Belle Etoile from San Francisco and the complete lines of Thomas Sabo and Pandora.

"Glamour, funky, fun and yet serious too, that's our philosophy," says store owner Lindsay Appotive. "At True Bijoux, we pride ourselves in being able to find and offer clients affordable, unique and glamorous jewels for all ages to

enjoy. "If you're not sure what the perfect gift is this season, Lindsay and her team will wrap up a gift card for you. "Gift cards are a great idea, especially at this time of the year when many shoppers are feeling overwhelmed about all the choices out there." True Bijoux gift cards are available in any denomination over \$50.

This Christmas season, Lindsay celebrates her debut line. The extraordinary and dramatic collection features bold,



statement earrings and necklaces. Each piece is handcrafted from vintage elements, colourful stones and crystals from her handpicked personal collection of finds from her travels.

THE SECRET IS OUT

TRADE SECRETS A NATIONAL SUCCESS STORY

Trade Secrets Ottawa specializes in salon-quality appliances and products for hair, nail, skin and beauty care. From shampoos, conditioners and polishes to hair dryers and straighteners, Trade Secrets has everything you'll need to keep looking your best.

"Professional, knowledgeable service is just as important to our business as the products we carry," says Russ Arthurs, owner of all four Trade Secrets in Ottawa. Arthurs opened the region's first Trade Secrets store at Bayshore Shopping Centre in



2005, followed by others in Barrhaven, Orleans and at the Rideau Centre.

"All of our staff are passionate about beauty products and are keen to learn about the newest products and techniques," says Arthurs. "And that's why repeat business accounts for the bulk of our sales — our customers know they can trust the information they get from us."

Founded in 1990, Trade Secrets has grown into a national success story, with 70 locations across the country. The all-Canadian company relies on a simple, yet effective formula: friendly,

informed staff selling top-quality products at competitive prices. All members of Trade Secrets' staff receive regular training in the various lines of products sold in the store and stay on top of current trends.

"The recent craze for Moroccanoil® hair-care products is a good example," says Arthurs. "There's no

doubt that the products work amazingly well for many people, but other brands might be more appropriate for other people. Our staff has the knowledge needed to help customers discover what will work best for them."

Trade Secrets' success reflects changes in the beauty-salon industry, according to Arthurs. "It used to be that top products were available only through salons, and they tended to be expensive. We've helped change that."

Trade Secrets is currently running a special: buy \$125 worth of products and receive a gift certificate worth \$25.

THE HAIR-CARE REVOLUTION

The two stalwarts of hair care — the dryer and hair straightener — have undergone a technological revolution of sorts. Consumer demand for salon-quality appliances has helped drive the change, according to Russ Arthurs. "The top brands — CHI, CROC and Babyliss — all have models with advanced features, such as universal voltage, auto shut-off, and multiple heat settings," he says. "Consumers can now get that salon look and feel in between trips to the hairdresser."



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GIVE THE GIFT OF THE ARTS THIS SEASON

NAC GIFT CARD GIVES PEOPLE CHOICE, FLEXIBILITY

If you know someone who loves the arts, but you're not 100 per cent sure of their performance preferences, why not give a National Arts Centre (NAC) gift card? "The beauty of the NAC gift card is that it provides people with choice and flexibility while still being thoughtful and personal," says Frazer Berry, Marketing Manager, NAC.

NAC Gift cards can be used for virtually everything "under the NAC roof," says Berry, "including performances in Southam, Theatre and Studio Halls." Cards can even be redeemed at le café restaurant where patrons are invited to discover the true flavours of Canada with a global twist offered by award-winning NAC Executive Chef Michael Blackie. Card recipients, for example, can pair up a ballet or theatre tickets with a le café

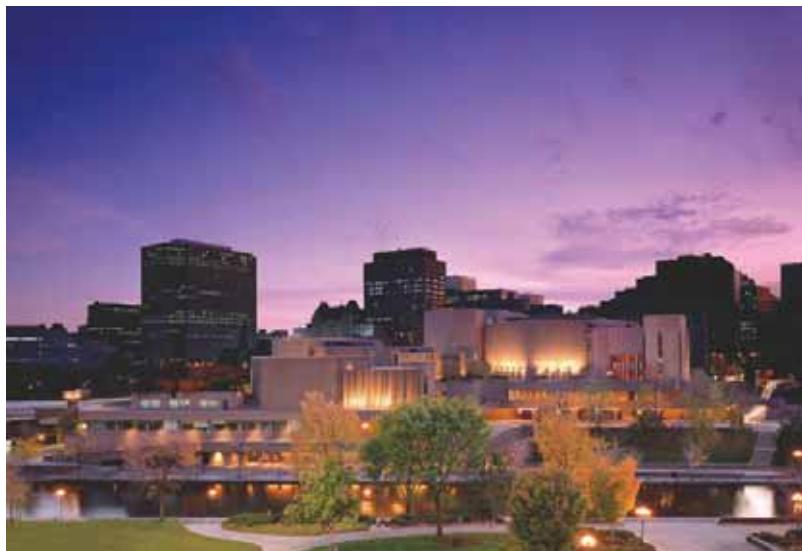


culinary experience for the perfect night out.

Cards are available in any denomination and can be purchased in person at the NAC box office or by phone (613-947-7000 x 620). Soon, card buyers will also have the option of purchasing gift cards online at the new NAC gift card site, which will be launched officially in mid-December—just in time for Christmas. Cards come in a variety of at-

A ONE-OF-A KIND ARTS CENTRE

Since raising its curtains for the first time in 1969, the National Arts Centre has become Canada's foremost showcase for the performing arts. The only multidisciplinary, bilingual performing arts centre in North America, the NAC features one of the largest stages on the continent.



tractive designs and different themes (e.g. holiday, music, le café), to suit the occasion or the person.

The NAC boasts an exciting lineup of performances in 2012, starting Jan. 10, with the wildly popular 2 Pianos, 4 hands, written by and starring Ted Dykstra & Richard Greenblatt. Also in January, Pinchas Zukerman leads the combined forces of the Royal Philharmonic Orchestra and

the NAC Orchestra to present Hector Berlioz's Symphonie fantastique—a dreamy masterpiece, orchestral tour-de-force and the composer's most celebrated work. Several acclaimed dance companies will also take to the stage, including the larger-than-life Bolshoi Ballet performing Don Quixote.



NAC GIFT CARDS

*This holiday season,
one gift outperforms all others*

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Quoted



"It's a piss-off. Sorry, that's as blunt as I can be. We're not happy, we felt like we laid down a good skate and in our opinions a good enough skate to win and obviously we're missing something."

CANADIAN OLYMPIC ICE DANCE CHAMPION SCOTT MOIR AFTER HE AND PARTNER TESSA VIRTUE WERE AWARDED A SILVER MEDAL AT THE ISU GRAND PRIX FINAL YESTERDAY IN QUEBEC CITY. VIRTUE AND MOIR SCORED 112.33 POINTS FOR WHAT THEY FELT WAS A GOLD-MEDAL FREE DANCE AND 183.34 POINTS OVERALL. BUT AMERICAN WORLD CHAMPIONS MERYL DAVIS AND CHARLIE WHITE CLAIMED GOLD, EDGING THE CANADIANS BY 0.05 POINTS IN THE FREE DANCE FOR A TOTAL SCORE OF 188.55.



► Jon 'Bones' Jones, left, goes toe-to-toe with Lyoto 'The Dragon' Machida in the UFC 140 main event Saturday night at the Air Canada Centre.

CHRISTIAN PETERSEN/GETTY IMAGES FILE



MVP Braun facing ban for alleged PED use

Ryan Braun certainly doesn't fit the image fans conjure up when they hear that a baseball slugger has been accused of using performance-enhancing drugs.

Since he joined the Milwaukee Brewers, Braun has belted big home runs not with cartoonishly large muscles, but with a sweet swing and an ultra-quick bat. Last season, he helped drive the Brewers to the playoffs and was voted the NL's Most Valuable Player.

Now Braun finds himself fighting a 50-game suspension after news leaked that he has tested positive. Braun's representatives steadfastly maintain his innocence.

But there is a long history of athletes accused of taking banned drugs insisting they did so to recover from injuries. Sports medicine experts acknowledge the drugs may help — raising the possibility Braun might have been doing just that.

ESPN cited two sources Saturday in first reporting the result, saying Braun tested positive for elevated levels of testosterone, adding that a later test by the World Anti-Doping Agency lab in Montreal determined the testosterone was synthetic.

A spokesman for Braun said in a statement issued to ESPN and The Associated Press that "there are highly unusual circumstances surrounding this case which will support Ryan's complete innocence."

"There was absolutely no intentional violation of the program," Matthew Hiltzik said in a statement sent by the four-time all-star left fielder's representatives.

THE ASSOCIATED PRESS

No 'Bones' about Jones' dominance at UFC 140

► UFC president White says light-heavyweight champion has potential to be 'the greatest ever' after successful title defence Saturday in Toronto

Jon 'Bones' Jones is looking ahead to a vacation and several months off. His rivals in the UFC light-heavyweight division would be well-served to use that time wisely.

"I just don't see anybody beating this guy any time soon," UFC president Dana White said after Jones choked out Lyoto 'The Dragon' Machida at 4:26 of the second round to retain his title at UFC 140 Saturday night.

"He's a young guy, he's got a lot of things to learn in the sport still — more than just fighting," added White.

"If he stays on the right track, does the right things, this guy could go down as the greatest ever."

Jones, 24, believes that is his destiny and he is well on his way to getting there.

Saturday's win completed an amazing year for Jones.

The 24-year-old stopped up-and-comer Ryan 'Darth' Bader in February, then de-throned Mauricio 'Shogun' Rua in March. In September, he beat former title-

Tough break



In the co-main event, former heavyweight champion Frank Mir rallied to submit Antonio Rodrigo Nogueira in the first round.

holder Quinton 'Rampage' Jackson.

Four fights. Four wins. Three champions beaten.

At six-foot-four with a 84.5 inch reach — longest in the UFC — Jones is hard to attack. And if you manage to close the gap, Jones' arsenal is stocked with kicks and strikes. He can also damage you with elbows or choke you out on the ground.

That's what happened Saturday.

Machida had some success in the first round, darting in and out with an

► Mir earned \$75,000 for the submission of the night, leaving doctors to work on Nogueira who waited too long to tap and paid for it.

► A vicious kimura had the crowd gasping as the arm was shown bent at a horrific angle in replays on the big screen.

► Nogueira's camp later tweeted that the veteran Brazilian had broken his arm and was headed to see a specialist in Los Angeles yesterday.

effective counter-attack.

"I have never fought anyone like him, so the first round was very, very confusing for me," Jones said of the Brazilian southpaw.

A second-round cut to Machida was a turning point. The two clinched at the fence and Jones wrestled him to the ground, carving open his forehead with a series of elbows.

Machida said he started having blurry vision afterwards and admitted to thinking it was "maybe the beginning of the end." Jones said his confidence

skyrocketed — "Just seeing his blood really let me know 'All right, he bleeds. Let's do this."

When the fight returned to the feet, Jones grabbed Machida at the fence and locked in a standing guillotine choke. The Brazilian didn't tap and toppled when referee John McCarthy stepped in and the champ finally let go.

Jones (15-1) becomes the first 205-pound champion since Chuck 'The Iceman' Liddell to make back-to-back successful title defences.

The show, the second for the UFC in Toronto, did not generate the buzz of the first. UFC 129 drew a UFC-record 55,724 to the Rogers Centre in April. Saturday's event attracted 18,303 at Air Canada Centre.

Canadians went 2-5 on a night that saw some quick, violent finishes. UFC 129 standout featherweight Mark 'The Machine' Hominick of Thameford, Ont., lasted just seven seconds against Chan Sung Jung, aka 'The Korean Zombie'. THE CANADIAN PRESS

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	28	18	7	2	1	101	81	39	8-4-11	10-3-10	7-3-0	W1
d-Boston	28	18	9	0	1	94	59	37	10-6-0	8-3-0	7-2-0	W1
d-Florida	29	16	8	2	3	81	71	37	6-2-3	10-6-0	6-2-0	L1
Pittsburgh	30	17	9	2	2	94	75	38	8-2-2	9-7-0	6-3-0	W1
NY Rangers	26	16	6	1	3	77	59	36	7-2-0	9-4-1	6-3-0	W1
Toronto	29	15	11	2	1	91	94	33	6-4-2	9-7-0	5-4-0	L2
Buffalo	29	15	12	1	1	79	79	32	7-9-1	8-3-0	3-5-1	L1
Washington	28	15	12	0	1	88	89	31	10-4-0	5-8-0	5-5-0	W2
Montreal	30	12	11	2	5	74	77	31	4-5-2	8-6-0	2-3-2	W1
Winnipeg	29	13	12	3	1	82	92	30	9-4-0	4-8-3	1-3-1	L1
Ottawa	30	13	13	2	2	91	105	30	6-7-0	6-7-2	3-4-2	L3
New Jersey	28	14	13	0	1	71	80	29	6-5-0	8-8-0	4-6-0	L1
Tampa Bay	29	12	15	0	2	75	96	26	7-4-0	5-11-0	3-7-0	L1
NY Islanders	27	9	12	4	2	62	88	24	6-7-0	3-5-2	4-3-2	L2
Carolina	31	9	18	2	2	79	108	22	5-9-0	4-9-2	2-8-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	30	20	7	2	1	79	64	43	10-4-0	10-3-1	8-2-0	W7
d-Chicago	29	17	8	3	9	96	38	8-2-0	9-6-1	5-4-0	W1	
d-Dallas	28	16	11	0	1	73	78	33	9-4-0	7-7-0	5-4-0	W1
Detroit	28	18	9	1	0	89	62	37	12-2-1	6-7-0	8-2-0	W2
Vancouver	29	18	10	0	1	97	71	37	8-4-0	10-6-0	9-1-0	W4
St. Louis	29	17	9	0	3	71	62	37	11-3-0	6-6-0	7-2-1	W3
Phoenix	25	15	11	1	2	77	76	32	6-6-1	9-5-0	5-5-0	L2
Nashville	29	14	11	3	1	77	79	32	5-5-2	9-6-1	4-6-0	W2
San Jose	26	15	10	1	0	73	61	31	8-1-0	7-4-0	5-5-0	L1
Edmonton	30	14	13	0	3	83	80	31	9-5-0	5-8-0	4-5-0	W1
Calgary	29	14	13	1	1	73	80	30	8-5-1	6-8-0	6-3-0	W3
Los Angeles	29	13	12	2	2	65	67	30	8-9-0	5-3-2	3-6-1	L4
Colorado	30	13	16	1	0	78	91	27	7-9-0	6-7-1	4-6-0	L3
Anaheim	29	8	16	2	3	67	95	21	6-9-1	2-7-3	2-7-1	L2
Columbus	29	8	17	1	3	71	99	20	5-8-1	3-9-2	3-4-2	L2

d — division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

SATURDAY

CANADIENS 2, DEVILS 1

First Period
No Scoring.
Penalties — Tedenby NJ (hooking) 13:37, Subban Mtl (tripping) 14:45, Zubrus NJ (tripping) 18:30.

Second Period
1. Montreal, Paquette 11 (Cole, Kaberle) 1:07 (pp)
Penalties — Henrique NJ (delay of game) 0:24, Kovachuk NJ (boarding) 2:13, Diaz Mtl (hooking) 7:15.

Third Period
2. Montreal, Cole 10 (Darche, Kaberle) 5:17
3. New Jersey, Palmeri 4 (Tedenby, Sykora) 13:34

Missed penalty shot — Parise NJ, 19:10.

Penalties — Tedenby NJ (slashing) 3:06, Diaz Mtl (tripping) 18:05.

Shots

Montreal 9 6 9 24
New Jersey 13 9 7 29

Goal — Montreal: Price (W,11-8-7); New Jersey: Brodeur (L,6-8-0). **Power plays (goals-chances)** — Montreal: 1-5; New Jersey: 0-3.

Penalties — Gord Dwyer, Marc Joannette, Linesmen — Brian Mach, Scott Driscoll. Attendance — 20,066 (20,066) at Detroit.

FLAMES 3, OILERS 0

First Period
No Scoring.

Penalties — Iginla Cal (cross-checking) 3:58, Jones Edm (goaltender interference) 13:31.

Second Period
1. Montreal, Paquette 11 (Cole, Kaberle) 1:07 (pp)

Penalties — Henrique NJ (delay of game) 0:24, Kovachuk NJ (boarding) 2:13, Diaz Mtl (hooking) 7:15.

Third Period
2. Montreal, Cole 10 (Darche, Kaberle) 5:17

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Shots

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Goal — Montreal: Price (W,11-8-7); New Jersey: Brodeur (L,6-8-0). **Power plays (goals-chances)** — Montreal: 1-5; New Jersey: 0-3.

Penalties — Gord Dwyer, Marc Joannette, Linesmen — Brian Mach, Scott Driscoll. Attendance — 20,066 (20,066) at Detroit.

CANUCKS 4, SENATORS 1

First Period
No Scoring.

Penalties — Smith Ott (hooking) 1:06, H. Sedin Vcr (holding) 10:23, Weiss Vcr, Foligno Ott (fighting) 15:30, H. Sedin Vcr (hooking), Bielska Vcr (roughing), Phillips Ott (roughing) 18:25, Neil Ott (slashing) 19:53.

Second Period
3. Vancouver, Kesler 7 (H. Sedin, D. Sedin) 8:35 (pp)

Penalties — Ottawa bench (too many men; served by Foligno) 4:11, Regin Ott (hooking) 8:20, Ballard Vcr (roughing), Foligno Ott (boarding, misconduct) 10:05, H. Sedin Vcr (interference) 19:32.

Third Period
5. Vancouver, Weise 2 (Rome) 16:30

Penalties — Lapierre Vcr (roughing, misconduct) 2:44, Edler Vcr (cross-checking) 3:25, Butler Ott (high-sticking) 6:02.

Shots

Vancouver 9 11 8 28

Ottawa 9 5 10 25

Goal — Vancouver: Luongo (W,11-6-1); Ottawa: Anderson (L,12-10-2). **Power plays (goals-chances)** — Vancouver: 2-5; Ottawa: 0-5.

Referee — Kevin Pollock, Marcus Vinnerborg.

Linesmen — Pierre Champoux, Derek Nansen.

Attendance — 19,171 (19,153) at Ottawa.

RED WINGS 7, JETS 1

First Period
1. Winnipeg, Little 10 (Wheeler, Kane) 0:35

2. Detroit, Bertuzzi 3 (Franzen, Lidstrom) 6:47
3. Detroit, Zetterberg 6 (Villafana, Kronwall) 14:56

Penalties — None.

Second Period
4. Detroit, Hudler 6 (Zetterberg) 1:12

Penalties — None.

Shots

Winnipeg 9 9 12 30

Detroit 12 13 4 29

Goal (shots-saves) — Winnipeg: Pavels (L,10-10-26-19), Mason (L,12-12 third) (3-3); Detroit: Howard (W,17-6-1). **Power plays (goals-chances)** — Winnipeg: 0-2; Detroit: 0-3.

Penalties — Little Wpg (tripping) 7:42, Bertuzzi Det (hooking) 7:59, Ericsson Det (holding) 12:59, M. Stuarts Wpg (slashing) 18:52.

Third Period
8. Detroit, Hudler 6 (Zetterberg) 1:12

Penalties — None.

Shots

Winnipeg 9 9 12 30

Detroit 12 13 4 29

Goal (shots-saves) — Winnipeg: Pavels (L,10-10-26-19), Mason (L,12-12 third) (3-3); Detroit: Howard (W,17-6-1). **Power plays (goals-chances)** — Winnipeg: 0-2; Detroit: 0-3.

Penalties — Little Wpg (tripping) 7:42, Bertuzzi Det (hooking) 7:59, Ericsson Det (holding) 12:59, M. Stuarts Wpg (slashing) 18:52.

FLAMES 3, OILERS 0

First Period
No Scoring.

Penalties — Iginla Cal (cross-checking) 3:58, Jones Edm (goaltender interference) 13:31.

Second Period
1. Calgary, Kostopoulos 3 (Smith, Stajan) 14:45 (pp)

2. Calgary, Iginla 10 (Morrison, Bourque) 19:44

Penalties — Whitney Edm (roughing), Jokinen Cal (double high-sticking) 8:23, Gagner Edm (slashing) 11:46, Petry Edm (tripping) 18:43, Jokinen Cal (interference) 19:14.

Third Period
3. Calgary, Iginla 11 (Jokinen) 19:40 (en)

Penalties — Horcoff Edm (tripping) 1:10, Gilbert Edm (slashing) 8:17, Edmonton bench (too many men; served by Horchuk) 15:05.

Shots

Edmonton 6 6 9 21

Calgary 11 16 7 34

Goal — Edmonton: Dubnyk (L,4-7-0); Calgary: Kiprusoff (W,14-9-1). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-7.

Penalties — Eric Furlatt, Jean Hebert, Linesmen — Michel Cormier, Jonny Murray.

Attendance — 19,289 (19,289) at Calgary.

NFL

WEEK 14

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	10	3	0	.769	396	274
N.Y. Jets	8	5	0	.615	327	270
Buffalo	5	8	0	.385	288	341
Miami	4	9	0	.308	256	246

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	3	0	.769	324	244
Tennessee	7	6	0	.538	287	315
Philadelphia	5	8	0	.385	297	292
Washington	4	9	0	.308	229	290

WEST

	W	L	T	Pct	PF	PA
y-San Francisco	10	3	0	.769	307	182
Arizona	6	7	0	.462	253	288
Seattle	5	7	0	.417	216	246
St. Louis	2	10	0	.167	140	296

	W	L	T	Pct	PF	PA

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Tebow does it again

► Denver QB leads team to OT win over Chicago

Tim Tebow led Denver to another comeback victory, with Matt Prater's 51-yard field goal with 8:34 left in overtime giving the Broncos a 13-10 win over the Chicago Bears yesterday.

Prater's 59-yarder with three seconds left in regulation tied the score.

It was Denver's sixth straight win, and half of them have come in OT since Tebow was promoted to starter.

After failing to score on their first 11 possessions, the AFC-West leading Broncos (8-5) erased a 10-0 deficit in the final 2:08 of regulation.

Tebow hit Demaryius Thomas with a 10-yard touchdown pass, then got the ball back with 58 sec-

onds left and drove Denver downfield for Prater's kick.

The Bears (7-6) won the toss in overtime and were in field goal range when Marion Barber coughed up the football at the Broncos 34 and Elvis Dumervil recovered.

**TEXANS 20,
BENGALS 19**

Rookie T.J. Yates led the biggest drive in Houston Texans history, throwing a 6-yard touchdown pass with 2 seconds left for a 20-19 victory that brought the first playoff berth in franchise history.

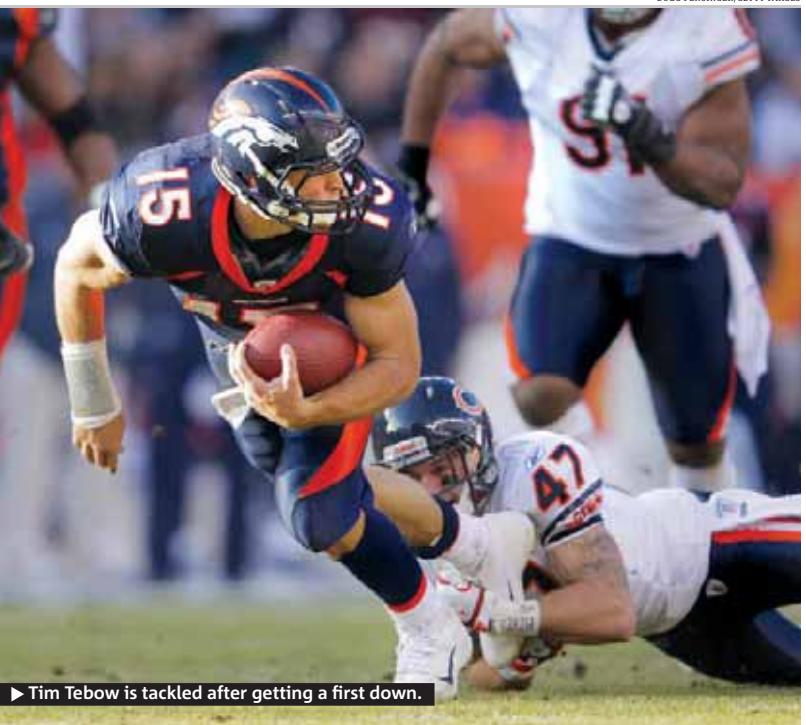
With their seventh straight win, the Texans (10-3) moved to the threshold of their first playoff berth. They clinched the AFC South title a few minutes later when Tennessee lost to New Orleans.

**CHARGERS 37,
BILLS 10**

Philip Rivers threw three touchdown passes, two to Antonio Gates, and the San Diego Chargers beat the Buffalo Bills 37-10 Sunday to keep their playoff hopes alive.

Buffalo (5-8) lost its sixth straight game and was eliminated from playoff contention for the 12th straight year. The Chargers (6-7) have won two straight following their six-game losing streak.

Rivers was 24 of 33 for 240 yards. Ryan Mathews gained 114 yards on 20 carries, the first time he's had three straight 100-yard games. **THE ASSOCIATED PRESS**



► Tim Tebow is tackled after getting a first down.

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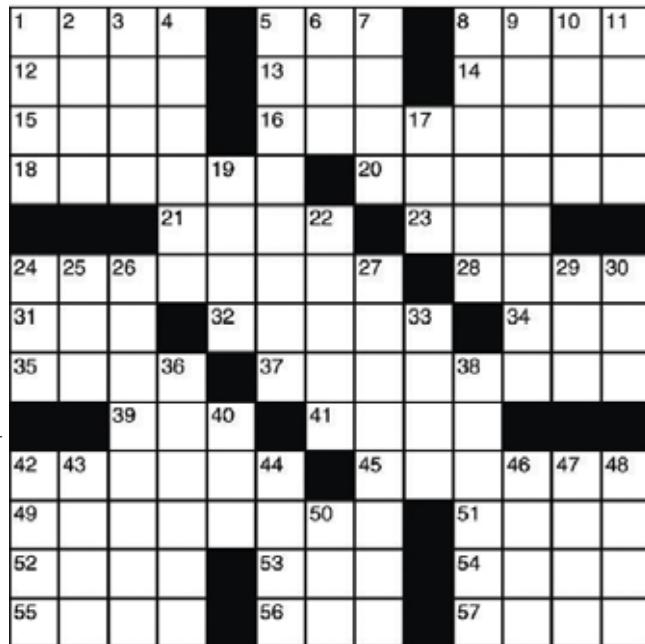
Crossword

Across

1 Eastern European
5 Use a crowbar
8 Resistance measures
12 Chantilly, e.g.
13 Individual
14 Reach 212 degrees, perhaps
15 Microwave, for one
16 Willingness to wait
18 No-goodnik
20 Bit of progress
21 Makes a mistake
23 Neither partner
24 New England football team
28 Astronaut Armstrong
31 "This tastes awful!"
32 Wall painting
34 Ram's mate
35 Standard
37 New Jersey city
39 Corn spike
41 Purple shade
42 Sculpture
45 Pale brown monkey
49 Spoke rapid-fire
51 Conflagration
52 Out of the storm
53 — carte
54 Rim
55 Fix
56 Firmament
57 Smell bad

Down

1 Unkempt one



2 Volcano outflow
3 Scored 100 on
4 Plywood layer
5 Boy band, e.g.
6 Genetic letters
7 Bigfoot's cousin
8 Fairy king
9 Award recipients
10 Isinglass
11 Coaster
12 Hostel
13 Bleak
22 Knapsack part
24 Play on words
25 Past
26 Menace



For today's crossword answers and for expanded horoscopes, go to metronews.ca

complete the various tasks you started in recent weeks.

► **Capricorn** Dec. 22-Jan. 20
Go out of your way to help someone in need.

► **Aquarius** Jan. 21-Feb. 18
Stop dreaming about what you would like to do and actually start doing it.

► **Pisces** Feb. 19-March 20
Do other people's achievements inspire you or make you envious? If it's the latter you need to realize that envy can motivate you as much as more positive emotions. Envy is only a bad thing if you do nothing with it. ■ **SALLY BROMPTON**

Today's horoscope

► **Aries** March 21-April 20 You will do the opposite of what everyone thinks you will do, not because you have to but because you like to be unpredictable.

► **Taurus** April 21-May 21 The best things in life are free.

► **Gemini** May 22-June 21

There seems to be some tension in your dealings with other people.

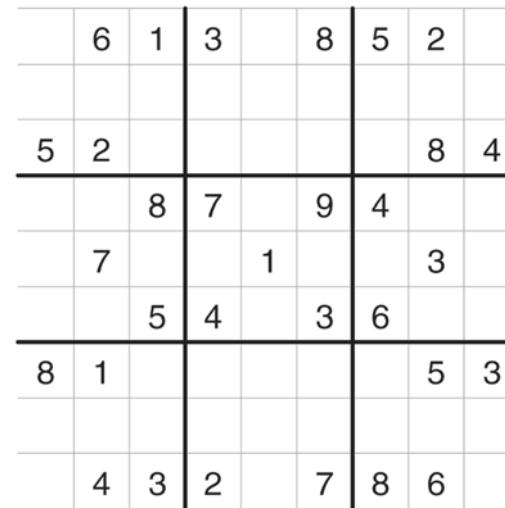
► **Cancer** June 22-July 22 Something unexpected will knock you back a bit today and it will take you a while to find your stride again.

► **Leo** July 23-Aug. 23 There is nothing you cannot handle. There

► Thursday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Thursday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Eleni

i love you Eleni i cant stop thinking bout you your everyday on my mind i love you and will always love you i just want u to know that u r the girl for me and i will love you forever and i will never let that go

FROM TEDDY JAMES

me

Howdie me. Peaches here...not sure if I am the peaches you are looking for. Need more info before I call

FROM PEACHES

Stranger

Thank you ... Thanks for being there for me , for having my back , for making me laugh , for putting a smile on my face , and for being a friend ! I really miss how close we used to be . You needed your space and I give it to you ! Here's your post that you asked for

FROM GUESS WHO



MICHAEL DURHAM / OREGON ZOO / THE ASSOCIATED PRESS

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"Stop monkeying around and take the picture already!!"
STEFANH

PETR DAVID JOSEK / THE ASSOCIATED PRESS

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08 LandRover LR2 SE



• 4x4, Loaded, Auto
• st: 32103
• km: 82605
\$21,870
\$192²
Bi-weekly

09 Mazda CX-9



• AWD, Loaded, A/C, Lthr, Auto
• st: 32723
• km: 44282
\$28,750
\$222³
Bi-weekly

08 Benz B200



• Loaded, A/C, Auto, Roof
• st: 32353
• km: 66500
\$16,880
\$163⁴
Bi-weekly

08 Wave



• Std
• st: 32863-A
• km: 42364
\$7,750
\$71⁵
Bi-weekly

09 Kia Spectra LX



• Loaded, A/C, Auto
• st: 31179
• km: 55680
\$8,980
\$81⁶
Bi-weekly

09 Nissan Versa



• Loaded, A/C, Auto
• st: 32887-A
• km: 79501
\$10,950
\$89⁷
Bi-weekly

06 LandRover LR3 SE



• 4x4, Loaded, Roof, Lthr, Auto
• st: 32692
• km: 57516
\$21,850
\$233⁸
Bi-weekly

10 Touareg



• 4WD, Loaded, Roof, Lthr, Auto
• st: 32759
• km: 28556
\$36,750
\$284⁹
Bi-weekly

09 Toyota Venza



• AWD, Loaded, A/C, Auto, Roof
• st: 31787
• km: 22487
\$25,850
\$208¹⁰
Bi-weekly

11 Mazda3



• Loaded, A/C, Mogs, Auto
• st: 32871
• km: 28520
\$15,950
\$129¹¹
Bi-weekly

07 Toyota Yaris



• Std
• st: 33182
• km: 115022
\$6,740
\$61¹²
Bi-weekly

10 Kia Soul



• Loaded, A/C, Roof, Auto
• st: 32895
• km: 53986
\$15,950
\$134¹³
Bi-weekly

05 BMW X3



• Loaded, A/C, Lthr, Auto
• st: 33083
• km: 91991
\$17,880
\$188¹⁴
Bi-weekly

07 Mazda CX-7



• 4WD, Loaded, Lthr, Roof, Auto
• st: 31947
• km: 60637
\$15,940
\$145¹⁵
Bi-weekly

09 Lexus RX350



• AWD, Loaded, Lthr, Roof, Auto
• st: 32858
• km: 45574
\$31,870
\$247¹⁶
Bi-weekly

09 Kia Rio



• Loaded, A/C, Auto
• st: 32437
• km: 63588
\$9,820
\$79¹⁷
Bi-weekly

07 Accent GLS



• Std
• st: 33174
• km: 99641
\$5,950
\$54¹⁸
Bi-weekly

07 Honda Civic



• Loaded, A/C, Auto
• st: 11204-A
• km: 120573
\$9,880
\$90¹⁹
Bi-weekly

08 Benz C300



• 4matic, AWD, Loaded, Roof, Lthr
• st: 33099
• km: 79995
\$26,840
\$235²⁰
Bi-weekly

08 BMW 128i



• Loaded, A/C, Roof, Lthr, Auto
• st: 33071
• km: 78474
\$21,870
\$192²¹
Bi-weekly

07 Benz ML320



• Diesel, AWD, NAV, Roof, Lthr
• st: 32168
• km: 72545
\$32,680
\$304²²
Bi-weekly

11 Suzuki Swift



• Loaded, A/C, Auto
• st: 32804
• km: 24243
\$11,960
\$97²³
Bi-weekly

09 Lancer



• Loaded, A/C, Roof, Auto
• st: 33160
• km: 71407
\$13,950
\$112²⁴
Bi-weekly

10 Honda Insight Hybrid



• Loaded, A/C, Auto
• st: 31958
• km: 53737
\$18,800
\$152²⁵
Bi-weekly

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07 VOLVO V50

LOADED, A/C, AUTO • 72601km
st:32108 • **\$16,940** • bw:\$154²⁶

07 FORD RANGER SPORT

A/C, AUTO • km:108878
st:33022 • **\$8,950** • bw:\$82²⁷

10 FUSION SE

LOADED, A/C, AUTO • 66478km
st:32783 • **\$14,950** • bw:\$127²⁸

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$15,940** • bw:\$153²⁹

07 LEGACY AWD

LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **\$15,950** • bw:\$154³⁰

06 GOLF TDI

LOADED, A/C, AUTO • 97917km
st:31923-B • **\$11,750** • bw:\$124³¹

11 SONATA

LOADED, A/C, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$145³²

10 PATRIOT 4WD

LOADED, A/C, AUTO • 59739km
st:32942 • **\$15,950** • bw:\$129³³

08 LIBERTY NORTH EDITION 4WD

3.7L, LOADED, A/C • 42002km
st:11146-A • **\$16,950** • bw:\$154³⁴

07 VOLVO XC70 AWD

LOADED, A/C, AUTO, LEATHER
• 112608km st:32911
• **\$16,980** • bw:\$155³⁵

08 TRIBUTE

LOADED, A/C, AUTO • 76005km
st:33192 • **\$11,830** • bw:\$108³⁶

09 DODGE JOURNEY

LOADED, A/C • 41987km
st:33068 • **\$13,960** • bw:\$113³⁷

10 COROLLA CE

LOADED, A/C, AUTO • 62483km
st:32949 • **\$12,950** • bw:\$112³⁸

11 ESCAPE XLT 4WD

LOADED, A/C, AUTO • 28327km
st:32782 • **\$22,950** • bw:\$178³⁹

10 MATRIX

LOADED, A/C, AUTO • 61657km
st:32449 • **\$14,950** • bw:\$121⁴⁰

08 ACCORD

LOADED, A/C, AUTO • 107112km
st:32664-A • **\$13,750** • bw:\$125⁴¹

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 62166km
st:32867 • **\$15,950** • bw:\$129⁴²

08 MALIBU HYBRID

LOADED, A/C • 93395km
st:33056 • **\$12,850** • bw:\$117⁴³

10 SENTRA XTRONIC CVT

LOADED, A/C, AUTO • 65580km
st:33061 • **\$12,450** • bw:\$101⁴⁴

11 EQUINOX LS AWD

LOADED, A/C, AUTO • 15977km
st:33123 • **\$22,870** • bw:\$177⁴⁵

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